

THE RIVER REVIEW

October 2011

News For The Residents of River Place

Volume 5, Issue 10

Congratulations

RIVER PLACE GARDEN CLUB JULY 2011 YARD OF THE MONTH

6318 RIVER PLACE BLVD

Congratulations to Wayne and Phung Opland on being selected as the River Place Garden Club "Yard of the Month" for Sept. 2011.

Wayne and Phung moved to River Place about 5 years ago from North Dakota. Wayne is the gardener in the family and the creator of this spectacular landscape. In spite of the hot summer and long drought, the Opland yard is a burst of color. Wayne relates he has achieved this look by using native perennials and setting up a drip watering system that has kept the plantings happy through this long summer.

Each month, realtor, Mary Rachkind, a garden club member, awards Yard of the month winners with a gift certificate for \$50.00. If you are interested in joining the River Place Garden Club, please contact Becky Wolfe at 344-9967. Meetings are held the second Thursday of the month. The October meeting will be Oct. 13th at 7:00 PM. For more information call Becky Wolfe at 344-9967.

*Submitted to Four Points News by:
Becky Wolfe, President 2011-2012*

River Place Garden Club

4949 China Garden Drive Austin, TX 78730

rwolfe210@austin.rr.com

512-344-9967

to Peel, Inc. for the River Place Review, by



Fall Garage Sale

It's that time again to clean out your attics and sell your unwanted items!

**RIVER PLACE NEIGHBORHOOD
GARAGE SALE**

*Saturday, October 1st
8:00 a.m. - 2:00 p.m.*



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	512-266-2533

SCHOOLS

Leander ISD.....	512-570-0000
Cedar Park High School.....	512-570-1200
Vandegrift High School.....	512-570-2300
Four Points Middle School.....	512-570-3700
River Place Elementary.....	512-570-6900

UTILITIES

River Place MUD.....	512-246-0498
City of Austin Electric	512-494-9400
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	512-472-2822

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Billing	1-800-858-7928

Time Warner Cable

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Repairs.....	512-485-5080
IESI (Trash).....	512-282-3508

OTHER NUMBERS

River Place Postal Office	512-345-9739
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Newsletter Article Submissions

Interested in submitting an article? You can do so by emailing riverreview@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 9th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for The River Review. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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Third Annual First Lego League Scrimmage

Sponsored by Hill Country Education Foundation Scheduled for Nov. 3 at FPMS.

The Hill Country Education Foundation announced that their 3rd Annual FIRST LEGO® League Scrimmage will take place on Thursday, November 3 from 4:30 to 6:30. Four Points Middle School will host the event in the cafeteria. Following the 2011 Challenge Food Factor, teams will use this scrimmage as a forerunner to the Central Texas Qualifying Tournament held the following week.

"We strongly support science, technology, engineering and math programs," said Kai Lamb, president of the Hill Country Education Foundation. "These robotic clubs are a remarkable vehicle to ignite our students in these fields of study. Clubs now exist at all the elementary and secondary schools in the Four Points area and we hope to see the elementary and middle schools compete at the scrimmage."

In addition to supporting STEM (science, technology, engineering and math), robotic clubs offer invaluable skills in communication, research, project management, writing, and strategic and analytical thinking.

Junior FLL teams are also invited to showcase their research. Students and families interested in robotics and/or starting robotic clubs at their schools are encouraged

to attend.

If you are interested in registering your team, please contact HCEF at mlbeck@HillCountryEdFoundation.org.

Contact:

Michelle Lamb

Hill Country Education Foundation

E: mdlamb@hillcountryedfoundation.org

C: 529-1645



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Marissa Radack



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Hill Country Education Foundation

Provides 650 T-shirts to Welcome the Vandegrift Class of 2024 to School!

When area parents went to kindergarten orientation they received more than just forms and facts about their new school; they received a “Vandegrift Class of 2024” t-shirt from the Hill Country Education Foundation. The shirt was accompanied by a letter welcoming families to the school year and a brief explanation about the partnership HCEF has with area schools and families in the Four Points community.

“HCEF wants parents to know that we are here to partner with them and their children from kindergarten until graduating from Vandegrift”, said Michelle Beck, VP of Hill Country Education Foundation and Membership Chair. “Our mission is to empower tomorrow’s leaders by stimulating academic excellence, which occurs at every grade level.”

In the past year, the Foundation has funded \$2,650 for robotics programs, \$1,000 for garden clubs, \$500 towards a college scholarship endowment fund and \$10,000 for Naviance Succeed, the college readiness tool that will be made available to all Leander ISD high school students this school year. In addition, the Foundation has earmarked \$25,000 for education grants to be distributed this fall along with \$750 for each area robotics clubs. Much of the funding for these programs is from the inaugural Gala in May 2011, which raised \$32,000. The Foundation already has plans for the next Gala set for March 3, 2012.

The annual membership drive for HCEF kicks off in September. Membership dues go to support enhancing the educational experience for students in Grandview Hills, Laura Welch Bush, River Place, River Ridge and Steiner Ranch Elementary Schools as well as Four Points and Canyon Ridge Middle Schools and Vandegrift High School. Please visit www.HillCountryEdFoundation.org for more information about membership.

About Hill Country Education Foundation

A 501(c)(3) non-profit organization, the Hill Country Education Foundation enhances the educational experience of students living in the Four Points community of Austin, Texas. HCEF achieves this enhancement through the development and financing of innovative, quality programs and projects for students attending or preparing to attend Vandegrift High School, specifically in the areas of leadership, entrepreneurship, science, technology, engineering and math (STEM).



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Home Safety Tips

This information was provided by the Travis County Sheriff's Office Community Services and Outreach Unit. For more information on crime prevention tips contact Deputy James Kitchens.

PROTECTING YOURSELF AT HOME, IN YOUR DORM ROOM OR APARTMENT

- Lock your door, even when you intend to return home shortly or even if you are just going down the hall. It takes a thief ten seconds or less to enter an open room and steal your property.
- Lock or secure doors and windows when you are alone or asleep.
- Keep emergency numbers by your phone.
- Do not leave messages on your door indicating that you are away and when you will return.
- Do not let strangers enter dormitory or premises.
- Do not prop open outer doors.
- If someone asks to use your phone for an emergency call, offer to telephone for them instead of allowing them access.
- Do not put your address on your key ring.
- Know your neighbors and neighborhood watch groups.
- Do not leave keys in hiding places. Thieves will find them. Carry your keys or make sure that anyone who truly needs them has

their own copy.

- Call 911 to report suspicious persons or activity in or around your neighborhood.
- Open a savings or checking account instead of keeping money in your room.
- Keep automatic teller machine cards in a safe place; keep your PIN number secret. When possible, only use ATMs during the day.
- Instead of carrying large sums of cash use a charge card. Some charge cards insure property purchased with those cards against loss, theft or damage.
- If you find yourself in immediate danger, call 911; try to stay calm and get away at the first opportunity.



Fall is the Season to Rejuvenate

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Target Heart Rate Range for Cardiovascular Exercise:

DO YOU KNOW YOURS?

- By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A FEW THINGS TO REMEMBER ABOUT

CALCULATING TARGET HEART-RATE RANGE (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions like pregnancy, health issues, and some medications can affect your heart rate.**
- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is $220 - \text{your age}$.

CALCULATING YOUR TARGET HEART-RATE RANGE:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} \\ + \text{resting heart rate} = \text{_____} \text{ (low end of THRR)}$$

$$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} \\ + \text{resting heart rate} = \text{_____} \text{ (high end of THRR)}$$

— STEP 1 —

CALCULATE YOUR RESTING HEART RATE.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

— STEP 2 —

DETERMINE WHAT TRAINING ZONE YOU WILL USE BASED ON YOUR CURRENT LEVEL OF FITNESS.

(Continued on page 7)



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Target Heart Rate... (Continued from Page 6)

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

— STEP 3 —

CALCULATE YOUR TARGET HEART-RATE RANGE USING THE KARVONEN FORMULA.

— STEP 4 —

LEARN HOW TO USE THIS HEART-RATE RANGE REGULARLY IN YOUR CARDIOVASCULAR WORKOUTS.

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

Using this calculation, her target heart-rate range is 138 – 164 beats per minute.

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

FOLLOW THESE STEPS FOR SUCCESS:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
 - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.)
 - She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.
- Practice and learn to take your pulse properly.
Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
 - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
 - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
 - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.



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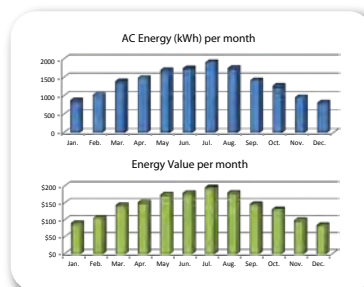
What will it look like?

Can my HOA limit my choices?



How much energy can I produce?

What could my monthly savings be?



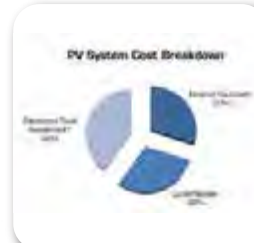
Month	Solar Radiation (kWh/m ² /day)	AC Energy (kWh)	Energy Value (\$)
Jan.	3.05	873	89
Feb.	3.92	1022	104
Mar.	4.80	1391	142
Apr.	5.38	1481	151
May	6.03	1692	173
Jun.	6.58	1741	178
Jul.	7.06	1904	195
Aug.	6.45	1748	179
Sep.	5.38	1417	145
Oct.	4.55	1268	130
Nov.	3.49	956	98
Dec.	2.86	812	83
1st Year	2.86/avg.	16,305	1666
25 Yr. Tot.		384,080	74,010

How much would it cost?

What rebates are available?

What is the payback and ROI?

PV System Production and Install Costs	
DC System Power Rating	
Monthly average kilowatt hours per year	
Kilowatt hours first year	
Line Item Description	Item Price
System Cost	\$20,318.31
Solar Panels - 240 watt panels	
Inverter(s)	
Other Equipment - Disconnects, Combiner Box, Wiring, etc.	
Labor, Permit, Inspection	
Federal Tax Credit	(\$3,280.29)
Local Rebate	(\$5,194)
Estimated Total Investment*	\$7,654.02



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Health Briefs - October 2011

TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS

Vitamin C plays an important role in maintaining bone mass - promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the

healthy bone equation but studies show that it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

SLEEPING PILLS NOT EASY ANSWER

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes

and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

BEST BETS IN BEVERAGES FOR KIDS

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.



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AUSTIN JAVA

BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

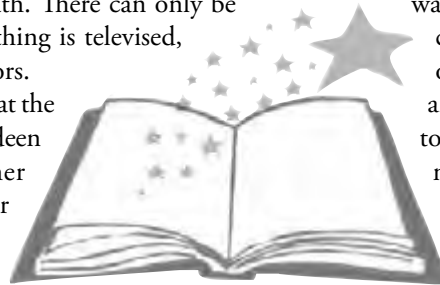
Their experience at the Capitol and the whole tradition around the hunger games

is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>





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SUDOKU

		7	1					
		6			3			2
	4					8		1
		8		2				
	6	1						7
3	7			9			6	8
			3				2	
6						5		3
	1				2			6

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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TEXAS EVENTS

October
2011

- 8—BOERNE:** Second Saturday Art and Wine Visit fine-art galleries for wine, hors d'oeuvres and guest artists. Hours are 5–8 p.m. www.secondsaturdayartandwine.com 830/249-7277 or 830/249-1500
- 8–9—BOERNE:** Market Days Main Plaza. www.boernemarketdays.com 830/249-5530 or 210/844-8193
- 9—AUSTIN:** Family Fossil Fun Day Learn about the work it takes to preserve fossils, and enjoy fossil identifications, paleontologist presentations, story time, fossil dig pit, crafts and activities. Texas Memorial Museum. www.utexas.edu/tmm 512/232-5511
- 11—CEDAR PARK:** Roger Daltrey Performs The Who's Tommy Cedar Park Center. www.cedarparkcenter.com 512/600-5001 penfoldtheatre.org 512/850-4849
- 14—CASTROVILLE:** Friday Night Fever See cars, trucks and bikes, plus live music. Hours are 6–10 p.m. Wommack Chevrolet. www.castroville.com 830/931-2479
- 14-16—FREDERICKSBURG:** Lone Star Gourd Festival Includes nationwide gourd-art competition, displays, vendors, classes and more. Gillespie County Fairgrounds, 530 Fair Drive. www.texasgourdsociety.org
- 14-16—LLANO:** Chuck Wagon Cook-Off and Heritage Day Celebration Cooks at living-history campsites prepare meals and musicians play in Badu Park. On courthouse square, Heritage Days features period dress, stagecoach rides, entertainment and more. A ranch rodeo is held at Robinson Park. www.llanochuckwagoncookoff.com 325/247-5354
- 15—WIMBERLEY:** Walk 4 Habitat and Classic Car Show Wimberley United Methodist Church. www.wimberley.org 512/847-2201
- 15-16—COMFORT:** Village Fall Antiques Show Comfort Park. www.texasantiqueshow.com 830/995-3670
- 20-27—AUSTIN:** Austin Film Festival Event focused on writers and filmmakers includes a conference, film screenings, premieres and more. Various locations. www.austinfilmfestival.com 800/310-FEST
- 22—AUSTIN:** Oktoberfest Includes authentic German fare, family activities and live music. Historic German Free School, 507 E. 10th St. www.germantexans.org
- 22-23—AUSTIN:** Texas Book Festival Hear readings, meet favorite authors at book signings, visit the children's chapter tent, and enjoy live music and poetry readings. State Capitol Building. www.texasbookfestival.org
- 22-23—BUDA:** Buda Fine Arts Festival Features more than 50 juried artists, a children's interactive art tent, demonstrations, music, auction and a quilt show. Downtown. www.budafineartsfestival.com 512/312-0084
- 22-23—GRUENE:** Texas Clay Festival Potters and sculptors offer demonstrations, displays and items for sale. Gruene Historic District. www.texasclayfestival.com 830/629-7975
- 22-23—ROUND ROCK:** Sami Show Marketplace Features arts, crafts and home decor. Dell Diamond, 3400 E. Palm Valley Blvd. www.samishow.com 512/441-7133
- 22-23—SPICEWOOD:** Arts Round-Up Regional artists offer works for sale. La Cabana Grill. www.spicewoodarts.org
- 23—GEORGETOWN:** Yakov Kasman Recital Van Cliburn Silver Medalist performs. Georgetown High School. www.gsstx.org
- 25—MASON:** Mason Country Opry with Mona McCall Begins at 7:30 p.m. Odeon Theater. 325/597-1895
- 27—BUDA:** Boo-da Halloween Includes trick-or-treating downtown, plus Halloween stories, crafts and games at the Buda Public Library. www.ci.buda.tx.us 512/312-0084

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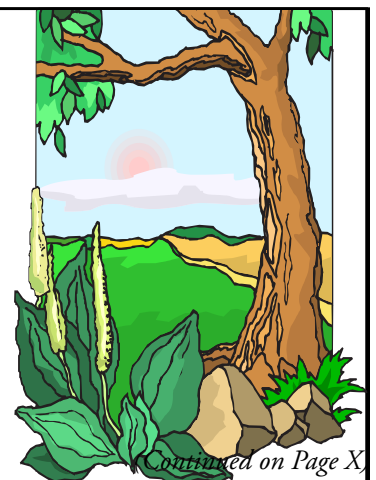
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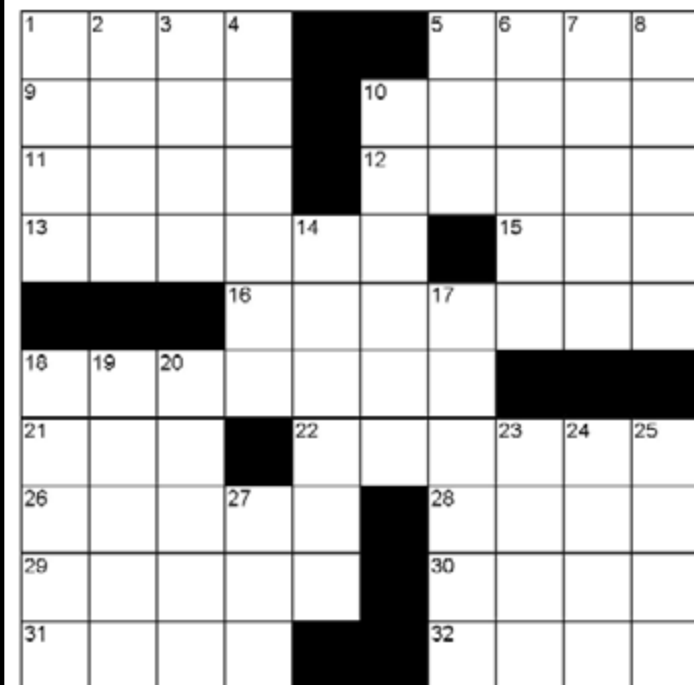
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Continued on Page X

CROSSWORD PUZZLE



ACROSS

1. Southwest by south
5. Prophet who built the arc
9. In ___ of
10. Short poem
11. Iraq's neighbor
12. More able
13. System
15. Conger
16. Avows
18. Angora (2 wds.)
21. Finale
22. Growls
26. Do penitence
28. Has 4 identical siblings
29. Automaton
30. Ancient Indian
31. Espy
32. Tier

DOWN

1. Skinny
2. Flexible metal thread
3. Lick
4. Sunbonnet
5. Catch
6. Cargo ship
7. BB Player Abdul Jabar
8. Throws violently
10. Played (2 wds.)
14. Counterbalance
17. Iranian's neighbors
18. What you shift
19. Upon (2 wds.)
20. Philippine dish with marinated chicken or pork
23. Peewee
24. Aphids
25. Fasten
27. Negative

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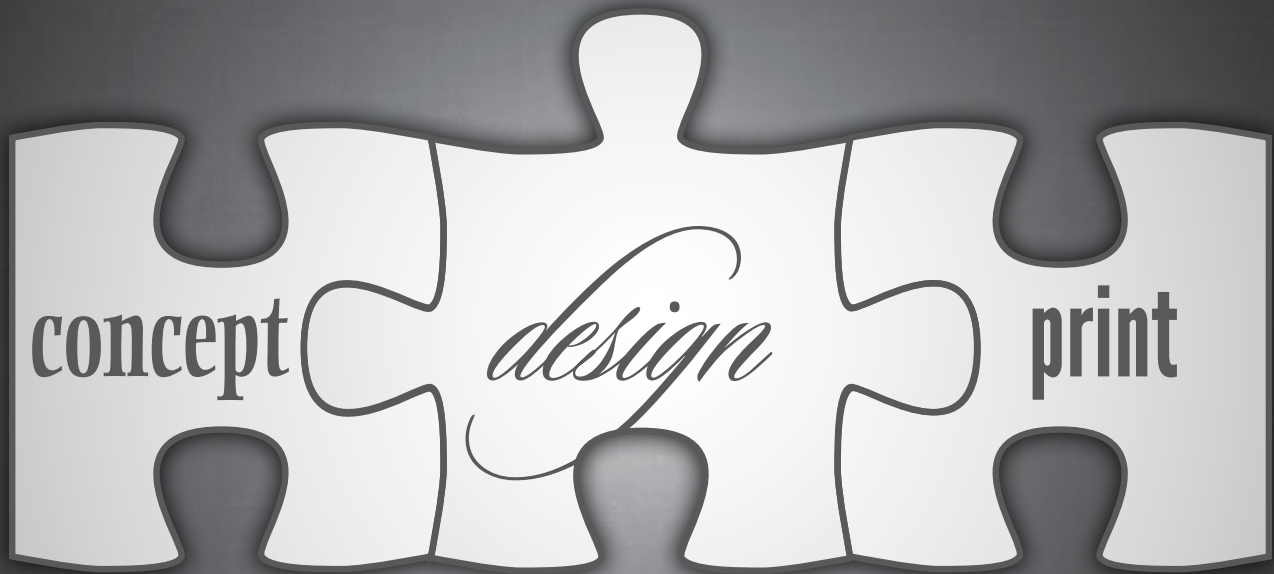
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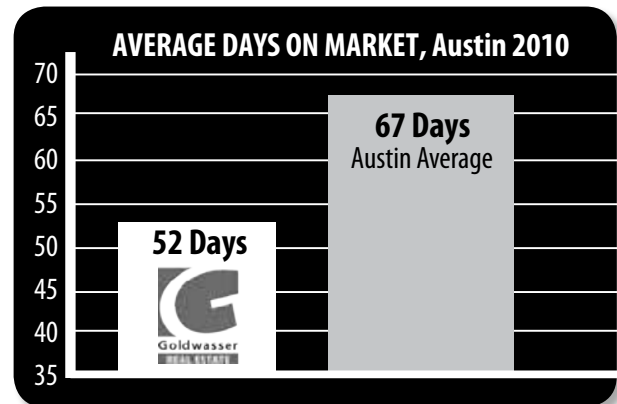
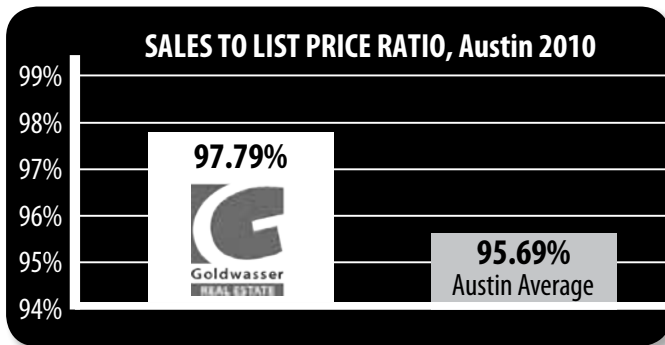
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